

Kick-Off Assembly



The mentor along with the school coordinator will organize and host a Gold Medal School Kick-Off Assembly during the first few months of the school year. This assembly is intended to introduce students to the GMS program. Ideally, the assembly will contain the following elements:

- Introduction of the school mentor and school coordinator
- Unveiling of Gold Medal School Bulletin Board
- Presentation of Gold Medal Mile and goal
- Walk the first Gold Medal Mile together
- Fun physical activities or nutrition activities
- Physical activity contests between classes or grades

The students must know about GMS to make this program work. The kickoff assembly is the perfect way to make students aware of Gold Medal Schools and get them excited. Seeing the Principal and teachers excited is also important to students. It should be emphasized that the school is “going for the gold” and that they will receive new physical activity equipment if they follow the program.

The Gold Medal Mile, being the most visible piece of the program for students, is a great way to keep them aware of the program and the status of their school. A fun Gold Medal Mile tracking sheet and bulletin board outlining the goal should be developed and shown to the students at the assembly or have the students develop their own goal at the assembly. You can also involve the students by forming a competition between classes or grades. The Kick-Off Assembly is up to the mentor and school coordinator just remembers to make it fun and exciting for the students.